

# GESTATIONAL DIABETES FOOD LIST

## MORE

### NON-STARCHY VEGETABLES

- Leafy greens
- Faba
- Broccoli
- Brussels sprouts
- Tomatoes
- Cucumber
- Green beans
- Cauliflower
- Zucchini



### LOW-GI FRUITS

- Apple
- Banana
- Pear
- Citrus fruit
- Kiwi
- Grapefruit
- Cherry
- Plum
- Orange
- Peach



### LEAN PROTEINS

- Sufficiently cooked:
- Skinless poultry
- Lean cuts of beef or pork
- Egg
- Fish (low in mercury, eg salmon)
- Tofu & tempeh
- Legumes



### WHOLE GRAINS

- Quinoa
- Brown rice
- Wild rice
- Barley
- Oats
- Whole grain pasta
- Whole wheat
- Bran
- Bulgur
- Millet



### LOW-FAT DAIRY

- Fortified dairy
- Skim milk
- Low-fat yogurt
- Greek yogurt
- Tofu
- Fat-free sour cream
- Low-fat buttermilk
- Almond milk (unsweetened)
- Low-fat cheese



### HEALTHY FATS

- Olive oil
- Canola oil
- Nuts (walnuts, pecan, almonds etc)
- Seeds (flaxseed etc)
- Fatty fish (salmon, tuna, mackerel)
- Omega-3 eggs
- Avocado



### UNSWEETENED SNACKS

## LIMIT

### STARCHY VEGETABLES



- Potatoes
- Beans
- Corn
- Corn
- Peas
- Sweet potatoes
- Winter squash
- Yam
- Parsnips
- Turnips

### HIGH-GI FRUITS



- Watermelon
- Pineapple
- Mango
- Dates
- Ripe bananas
- Cantaloupe
- Lychee
- Papaya
- Raisins
- Dried apricots

### TRANS/SATURATED FATS



- Margarine
- Shortening
- Fast foods
- Full-fat dairy
- Butter
- Fatty cuts of beef and pork
- Processed foods
- Coconut oil
- Palm oil

### REFINED GRAINS



- White bread
- White rice
- White flour
- Corn flakes
- White tarts

### SUGARY FOODS



- Candy
- Chocolate
- Ice cream
- Pastries
- Cookies

### BEVERAGES



- Alcohol
- Regular soda
- Fruit juices with added sugar
- Energy drinks
- Sweetened dairy
- High-fat dairy
- Packaged drinks
- Flavored coffee

### SWEETENED CONDIMENTS

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# Gestational Diabetes Food Guide

**G Orfield**



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